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OF INTEREST:

- ACSM Conference April 10-15 Orlando
- NSCA Conference July 11-15 Washington D.C.
- Athletic Business November 13-17 Las Vegas

# WELCOME TO THE PREMIERE 2006 EDITION OF NAVY FITNESS INSIDER

Welcome to the premier edition of Navy Fitness Insider for 2006. Many new items have come about since the last issue of Navy Fitness Insider was released. First off, for those of you who attended the 2005 Athletic Business Conference we would

Leader in designing Fitness Enhancement Programs for their sailors who failed the Physical Readiness Test. The initial group of instructors for the class were selected by each region throughout the Navy. These Fitness Personnel came to CNI-Millington

Training Instructors. These instructors will now conduct this general class on a quarterly basis throughout their region or they may train additional instructors to teach the class throughout the region.



Family Fitness was also touched heavily at the Athletic Business Conference. This is why the premiere issue of Navy Fitness Insider will have many articles addressing this. Some topics we will be touching on are Youth Fitness, Family Fitness, Scheduling Family Fitness in your Facility, Outreaching to the Fleet and Shore Commands, Monthly Health/Fitness Promotions in your gyms.

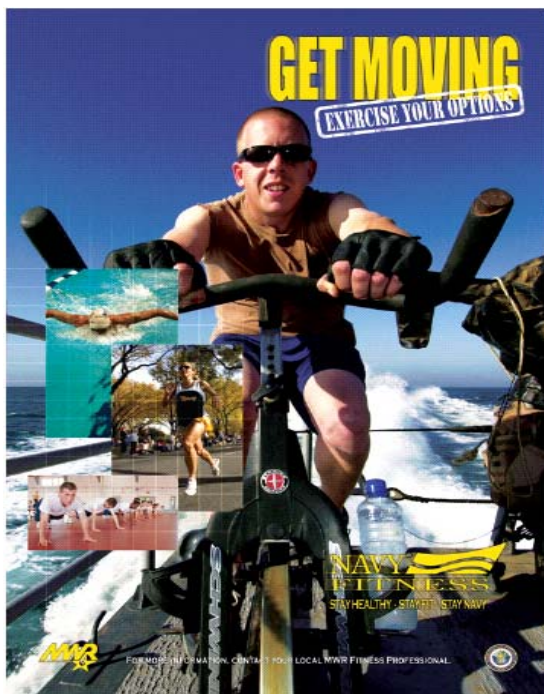
like to extend a "Thank You" for taking time to come to the conference and learn about all the new happenings in Navy Fitness. We rolled out a couple new initiatives for 2006 that you may or may not have heard about. One of them being the new Navy Fitness General Fitness Certification. This class is intended to assist the Command Fitness

Detachment on February 7-9 to attend the first ever Navy Fitness General Fitness Instructor Training.

Instructors learned how to administer and teach the class to their students. Twenty eight participants attended the training and I am proud to say that all 28 are now officially General Fitness

All this along with the recipe of the month should start of the premiere issue of Navy with a lot of new information for you to think about. Enjoy!

## EXERCISE YOUR OPTIONS: STAY HEALTHY-STAY FIT-STAY NAVY



Every now and again, it's necessary to step back, take a deep breath and reassess how we are doing things... In that light...It is essential that MWR Leaders (by the way—that's YOU) recognize that world is constantly changing and we must meet those changes if we are to be successful in getting individuals of all ages to engage, participate and achieve effectiveness in terms of improving their health and adopting healthy behaviors. Your job has never been more important. Why? Because managing the health of the

people on your base is like managing the productivity or readiness of the Navy- people who feel well, work well – will Accomplish the Mission. Quite simply, a healthy diet and regular exercise is huge piece of the puzzle for many members of the Navy family.

Thus, we are undertaking a new fitness campaign with the theme of "[Exercise Your Options](#)" and the motto: [Stay Healthy-Stay Fit-Stay Navy](#). The aim of the program is to get all members of the Navy Community eating healthy and exercising regularly. Specifically, the goal is to educate everyone on proper nutrition and exercise for daily living. Sound like a lofty goal? Maybe so, considering the poor health habits

that plague so many Americans. The obesity and inactivity epidemic in our country underline this fact. Participation levels are less than desired and effectiveness of fitness centers in term of long-term behavior change is also lower than desired.

Today's crisis in physical activity and obesity demands that we begin to address the problem. In terms of MWR Fitness Centers, we need to care a lot more about the psychology and the methods for getting individuals of all ages to engage, participate and achieve effectiveness in terms of improving their health and adopting healthy behaviors. The solutions begin with understanding what a healthy lifestyle looks like, as well as the factors that influence healthy behavior choices.

To that end...here are few opportunities for us to seize upon and make a difference!!

How about conducting an installation health fair in conjunction with the next IM Sports championship or tournament?? Call the event "[Take a Time Out for Better Health](#)". All the staff could be dressed in referee shirts and you could provide free blood

Let's do something that gets folks on your base  
"Exercising their Options" and making healthy choices that include regular physical activity and healthy diets.





pressure, blood glucose, cholesterol, and fitness health screening just to name a few. You might be able to even involve the Commissary with food tasting opportunities, a store tour and some nutrition shopping tips and much more. One could even get the Navy Exchange involved with proper running shoe selection, the proper workout attire and so on and so forth. Depending on base location...the event could partner with the local hospital (on base or off) or local health organization or even area schools or college.

How about starting local program of getting folks moving... call it something like – *Moving Out*~ stressing physical activity- at least 30 minutes of physical activity five days a week also includes nutrition and health education talk or literature. Could be done indoors or outdoors...Let your imagination go...and make it happen not just for Commands but for Family members – Retirees and of course Youth... I know you get the idea...

I challenge each and

every MWR activity to establish a *Family Fitness Program* providing at least three times per week the opportunity for family members to gather and do various types of physical activities... Again-think outside the box...anything is good as long as it keeps everyone moving... need to always include a short talk or some literature on nutrition... J

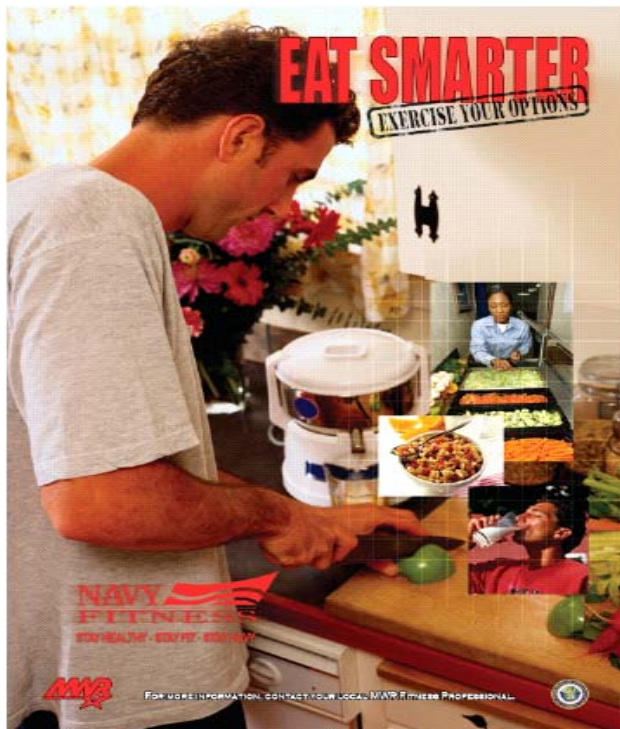
*Increase exercise opportunities for youth and teenagers in all MWR Fitness Centers.* We have to break the code and get more youth moving and eating better. Let's not make rules to keep them out of our facilities. Let's create ways to bring them into our operations. Let's get busy and partner with our Youth folks and organization in the local

area to at a minimum attempt at a couple items. A structure program that does the following:

- o Teenagers should pursue vigorous exercise for a minimum of 20 minutes at a time, at least three times per week.

Weight training is recommended as a part of a comprehensive fitness program for all teens.

Let's do something that get folks on your base *Exercising their Options* and making healthy choices that include regular physical activity and healthy diets.



## EXERCISING AS A FAMILY IS GOOD FOR YOUR CHILD'S HEALTH

(FROM KIDS TALK A PUBLICATION FOR PARENTS FROM BOYS TOWN PEDIATRICS)

Physical activity is as important to your child's overall health as eating properly and getting enough sleep, according to Boys Town Pediatrics. Exercise has many life-long benefits including increasing cardiovascular endurance, improving large muscle strength, increasing flexibility, helping to maintain proper weight and reducing stress.

As a parent, it is your responsibility to set a good example. By practicing healthy habits such as exercising regularly, eating a healthy diet, avoiding tobacco and limiting alcohol you can show that you value your health and your child will likely follow in your footsteps.

One way to teach your child to enjoy physical activity is to make exercise a family affair. By doing so, your child won't think of exercise as a chore, but instead will look forward to it each

day.

There are endless physical activities you and your children can do as a family. Look for something you all can enjoy together, even if it is simply taking the dog for a walk each day. Some of the possibilities include:

- Swimming
- Cycling
- Hiking
- Horseback Riding
- In-line Skating
- Dancing
- Tennis

By doing these activities together, you can help your child build self-confidence, strength and coordination.

If you display a positive attitude about exercise, it is sure to rub off on your child. Make exercise even more fun by assigning the planning of family exercise to one family member each week. You will all have fun with the creative and varying activities. Or, Consider joining a gym where the fam-



ily can either exercise together or choose the specific activity each prefers.

Physical activity should be an integral part of your family's daily routine. Make it easy for your child to join in the fun by scheduling a specific time for physical activity each day. By doing so, your child won't have to choose between sitting around watching television or getting up and exercise. If you allow it, it is likely that television will be your child's first choice.

**Physical activity should be an integral part of your family's daily routine.**





## CHILDHOOD HEALTH PROBLEMS LINKED TO POOR DIET

(FROM KIDS TALK A PUBLICATION FOR PARENTS FROM BOYS  
TOWN PEDIATRICS)

Proper nutrition is as important to a child's health as maintaining recommended immunizations, according to Omaha's Boys Town Pediatrics.

Many health problems can be directly related to poor diet. Such health problems can begin in the childhood years and continue on into adulthood.

Examples of childhood health problems related to diet include, iron deficiency anemia, obesity, tooth decay, and intestinal problems.

To help prevent these health problems, children should eat a well-balanced diet. Boys Town Pediatrics suggests parents become familiar with the five basic food groups and offer the appropriate amount of each group every day, including:

- 2 to 3 Servings of milk products—milk, cheese, yogurt, ice cream
- 2-3 Servings of meat/eggs—red meat, poultry, fish, eggs
- 6-11 servings of grains—breads, cereals, rice, pasta
- 2 to 4 servings of fruits—juice or solid fruit
- 3 to 5 servings of vegetables—juice or vegetables

Eighty percent of a child's daily intake should consist of vegetables, fruits, and grains, while the remaining 20% should consist of milk, meat, and eggs.

Other ways to maintain a

healthy diet, include:

- Eating three meals a day. Studies show that children who go without breakfast perform at a lesser level during school than those who eat a healthy breakfast.
- Decreasing the amount of fat from meat and milk products. Children over the age of 2 should consume fat in moderation.
- Increasing fruits, vegetables and grains. To increase consumption, include one serving of a fruit and vegetable at each meal, offer fruit for snacks instead of sweets or chips, serve vegetable-based soups, encourage whole-grain cereals for breakfast, and use whole grain bread for sandwiches instead of white bread.
- Serve the proper amount of iron each day. To prevent anemia include sources of iron in your child's diet, such as red meat, fish, poultry, low-fat lunch meats, iron-enriched cereals, beans, peanut butter, raisins, and egg yolks.
- Avoid too much salt.

Parents can discourage a taste for salt by not adding it to foods and using other herbs and spices instead.

- Avoid too much pure sugar. Offer sweets in moderation to avoid tooth decay, and always brush teeth afterwards.

By following these guidelines, parents can help their children maintain a healthy diet and prevent unnecessary health problems. Parents can also start healthy habits in their children that will carry on into adulthood, helping to prevent adult diseases such as coronary artery disease and high blood pressure.



**"Eighty percent of a child's daily intake should consist of vegetables, fruits, and grains, while the remaining 20% should consist of milk, meat, and eggs"**



# ONE IN THREE KIDS NOT IN PHYSICAL SHAPE

BY LIZ SZABO USA TODAY DECEMBER 21 2005

One out of three U.S. adolescents is physically unfit, putting them at increased risk of heart disease when they get older, new research shows.

In a study in today's *Journal of the American Medical Association*, researchers asked kids to walk or run on a treadmill, then measured their heart rate and blood pressure.

About 34% of 3,110 adolescents fell into the bottom fitness level.

Unfit kids tended to have other health problems, too.

They were more than twice as likely to be overweight, according to the study. They were two to three times as likely to have high cholesterol than kids with higher fitness levels.

Black girls and Mexican-American boys were the least likely to be fit. According to the study.

Based on the study's results, researchers estimate 7.5 million adolescents between ages 12 and 119 nationwide are unfit, says Mercedes Carnethon, lead author and assistant professor of preventative medicine at the Feinberg School of Medicine at Northwestern University in Chicago.

Researchers evaluated kids using the FITNESSGRAM program, a commonly used and highly regarded health assess-

ment based on a child's age and sex that was developed by the Dallas-based Cooper Institute.

Participants were drawn from the National Health and Nutrition Examination Survey, organized by the Centers for Disease Control and Prevention.

Nearly 14% of adults 20 to 49 who took the treadmill test also were physically unfit.

Those over 50 and people with serious health problems were excluded from the treadmill test for safety reasons, so the true number of out-of-shape adults is probably much higher, Carnethon notes.

For years, health experts have been concerned about kids eating more and exercising less than previous generations. About 31% of U.S. children are overweight or at risk of becoming so, according to the CDC.

The new study may be more precise than older surveys about physical activity, says James Hill, who directs the Center for Human Nutrition at the University of Colorado Health Sciences Center in Denver.

Many earlier surveys relied on children to accurately remember how often they exercise, says Hill, who did not contribute to the paper.

Carnethon says her study is

the first to measure fitness objectively in a large population of adolescents and adults.

Richard Milani, a preventive cardiologist at the Ochsner Clinic foundation in New Orleans, says he is "very concerned" about this generation of children. "These are the future heart patients."

Hill says the study should serve as a "wake-up call," telling parents to improve their children's health.

"It doesn't work to lie there on the couch and tell them to go out and be more active," Hill says. "If kids see their parents as being active, they get the message."



**"If kids see their parents as being active, they get the message."**



## MAKE TIME FOR FAMILIES IN YOUR FITNESS CENTERS

Because a fit family is a happier family we need to start setting some time aside in our fitness centers to specifically address families performing physical activities together.

This can be done by scheduling these family times during your slower times in your fitness centers. An example would be having a family fitness night every Friday or Sat-



urday night. These times are traditionally slower from a patron count because most single sailors are engaging in other activities away from the fitness centers. Thus, leav-

ing you an excellent time to have a family fitness night.

The family fitness night does not have to be a long block of time. Two hours is a good amount of time for plenty of families to come into the fitness center and perform some type of physical activity whether it be weights, cardio, basketball, walleyball, or racket ball.

By making time in our fitness centers specifically centered on family fitness, we may start some younger children and parents to be more active because they will have a time specifically set aside for them to perform exercise together. If the parents show the children that exercising is fun we may make an impact and create a life change towards fitness.

## ONCE A MONTH FITNESS PROMOTIONS

Other than the standard group exercise and fitness classes that you administer through the week you should plan one big event per month to promote fitness in your fitness center. This does not have to be elaborate or expensive and can be a lot of fun for both you and your patrons.

You can set up a calendar to have certain themes for each month in your fitness center. You can have women's fitness month, men's fitness month, or try a new exercise month. These are just a few ideas that can be used for a theme for your promotion.

After picking a theme for the month you need to schedule a day that you can promote an event in your center. This can be as easy or as elaborate as you want. You could set up an "Iron Chef" cook off for healthy dishes between different departments or commands and

have it during lunch hour in your center.

You could also set up a lunch walking club and have a person there to talk about how to get started in a walking program.

Have a new way to train day

where you introduce different ways to train for fitness. You would have your group exercise room set up so you could show different methods of training beyond the scope of traditional training.

What we are trying to do with once a month fitness promotions is get your programs recognized and get people excited about fitness. By promoting your program at the base level you may gain valuable exposure and get more people interested in the programs you have to offer.





# THE HEALING POWER OF FOOD “WARDING OFF ACHES AND PAINS BY EATING

BY SHAWN DIPARDO “THE POINT” MARCH 2006

It is your weekly trip to the grocery store. Just like always, you walk in, grab a cart, and start to make your way through the produce aisle. But halfway through, something catches your eye and you stop and look around. Suddenly you notice an explosion of color coming from every possible direction. Oranges and reds spark like a roaring fire! Leaves bursting with rich, dark greens! Purples and blues with their intense and mysterious hues! This is the army of colors that has the power to strengthen our body's most valuable possession: its immune system.

Food is powerful. A diet abundant in these super-charged, healing machines gives our bodies the power to fight off even the meanest of colds, flues, and infectious diseases. In every tiny morsel of food are thousands of different chemicals, locked up tight and waiting to be eaten and to unleash their defenses against harmful invaders and protect each and every cell.

How can food have such power to boost our immune systems? And what foods will give us the biggest bang for our buck to stay healthy every single day?

Everyone has heard of nutrients, and knows that nutrients provide the body with everything it needs to stay alive-

energy, vitamins, minerals, and water. Each nutrient plays several sometimes hundreds of roles in our bodies, just to keep it ticking, and it all happens without us even knowing. One role in particular that several nutrients play is to boost

been inflated to become “2 servings of fruits and 3 servings of vegetables every day can prevent certain types of cancer, lower cholesterol.

To make a long story short, fruits and vegetables have been long known to have the



the immune system or fight disease. These nutrients can have a profound effect on keeping us healthy, free from runny noses and coughs, and have a so-called “healing power.”

## FOODS THAT HEAL

You have probably known since kindergarten that fruits and vegetables are good for you. Think back to the first time you were told “eat your broccoli - it's good for you” or even the famous “eat your crusts - it makes your hair curly” (well, at least my parents told me that). The once simple idea that “An apple a day keeps the doctor away” has

power to heal. The vivid oranges, reds, greens, and purples are the true signs of health and are easy to spot when we are trying to make healthy choices in our diet. It has even become common knowledge that Vitamin C is abundant in citrus fruits like oranges, and that this vitamin plays a key role in fighting off colds. But this is only scratching the surface! Many of us are completely unaware that tons of other foods also have great powers in keeping us healthy.

Here's an example. Surely you must have clued in by now to all of the hype these days around “omega-3's”. It seems

that lately they are everywhere in milk, eggs, and even in cereal. Recently, they have been given status for their ability to combat things like heart disease and lower cholesterol levels. But did you know that omega 3's also play a role in

powering the immune system? Yep! It turns out that whole grains, dairy products and even meats, along with vegetables and fruits, all contribute valuable nutrients that are involved in strengthening our immune systems and protecting us from disease. All of these foods have just as great a potential to prevent not only colds, but a whole host of diseases, such as cancer.

For a quick and easy look at what foods pack the best line of defense, here is a summary of all the power foods and nutrients found in them that hold the key to a healthy immune system. Be sure to put these foods on your grocery list every week!

While fruits and vegetables may be rich sources of some nutrients, animal products like milk or meats may be rich sources of others. That is the key to having a balanced diet-choosing All types of wholesome foods, and in the right amounts.



FOODS	NUTRIENTS	HEALING POWERS
Broccoli, brussel sprouts, red peppers, citrus fruits, strawberries, kiwi fruit, watermelon	Vitamin C	<p>The job of these nutrients is as antioxidants that defend the body's cells and tissues from different kinds of stress– smoking, pollution, and even sleep deprivation!</p> <p>We are always exposed to substances both inside and outside our bodies that can potentially harm us, and antioxidants come to the rescue by getting rid of the stress before it has the chance to damage our cells.</p>
Dark green leafy vegetables, carrots, squash , tomatoes, sweet potatoes, pumpkin, cantaloupe , apricots, pink grapefruit, watermelon	Vitamin A	
Wheat germ, nuts, seeds, vegetable oils, egg yolk, green leafy vegetables	Vitamin E	
Fatty fish (salmon), nuts, flaxseed oil, fortified milk, eggs, cereal	Omega-3 Fatty Acids	
Chilis, cayenne pepper	Capsaicin	
Vegetables, Fruits, Whole Grains, Tea, Wine	Flavanoids	<p>The job of these nutrients is to strengthen the immune cells that “eat” invading bacteria and viruses.</p> <p>Without these nutrients our immune cells are weak and invaders can overpower us and cause disease.</p>
Meats, fish, poultry, liver, potatoes, legumes, soy, non-citrus fruits, fortified cereals	Vitamin B6	
Oysters, crab, beef, yogurt, whole grains	Zinc	<p>These minerals help the immune system by helping the vitamins to do their jobs!</p> <p>Zinc assist Vitamin A and Selenium assists Vitamin E</p>
Seafood, meats, vegetables, whole grains	Selenium	

## REACHING OUT AND INFORMING OUR SAILORS ABOUT WHAT WE HAVE TO OFFER

Many of us have developed fitness programs that we are very proud of and take pride in administering each and every day. Unfortunately some of our Sailors do not even know that these excellent programs exist.

We have become comfortable in our realm of administering fitness programs in our facility. This is where most of our promotion is. However, we need to get the word out of what is available in our fitness centers and how we can help the Sailor improve their current fitness levels.

Making sure the Sailor is aware should be a priority for our programs. Placing up flyers, banners, posters everywhere on base is just one of the basic means to

get the word out about your program. If you have a marketing department get with them to make up some cool posters, flyers and banners for your next event. Place these promotional items where the sailor frequents most. (Clubs, Bowling Alley, Library etc.)

Also contact commands and see if you can come and do a brief talk about what you have to offer in your fitness centers. Getting face time with the Sailor is also very important because they then know who you are in the fitness center and what you do. Rather than just being another person in fitness gear in the center.

For a ship contact the CO and see if you can speak at



the next all hands or group function that they are planning. Informing a ship about options on what they can do about staying in shape on deployment could be very beneficial for both the sailor and expanding your program. Most of the smaller ships do not have a Fitness Director on board like some big deck ship do so offering a pre deployment fitness clinic could be a way to in-

troduce a large amount of Sailors to your program.

These are just a few ways you can get your program recognized. We are not worried about the persons who continually come into our fitness centers.

These persons already

know the benefit of fitness. It is the Sailor that walks by the fitness center and never comes through the doors because they do not know what goes on in there. By publicly outreaching to the Sailor we may bring in a number of new persons wanting to make a lifestyle change to fitness.

**“By publicly outreaching to the Sailor we may bring in a number of new persons wanting to make a lifestyle change to fitness.”**



## No More Cracks About Eggs!

By Susan L. Burke, MS, RD/LD, CDE   eDiets Chief Nutritionist   Updated: April 13, 2006

Wondering what's the latest on eggs? Over the past 30 years, [health](#) professionals have wavered from touting eggs as "the complete food" containing great amounts of vitamins, minerals and protein to warning people about eggs as sources of "evil" cholesterol! What's a concerned dieter to believe?

Cholesterol is not a fat, but a waxy substance only found in animal products. It's vital for many human

bodily functions and is produced in your liver. Cholesterol from food is mostly found in meat and poultry, seafood, dairy and eggs. But dietary cholesterol is not automatically converted to blood cho-

lesterol when you eat it.

In fact, the American Heart

Association has recently weighed-in on the side of eggs. They estimate that 2/3 of the population can safely eat an egg a day without any change in blood cholesterol.

is that each individual reacts to dietary cholesterol differently, and for most, it's saturated fat that must be avoided to reduce blood cholesterol. Eggs are great [sources of protein](#) (mainly found in the egg whites), as well as B vitamins. Eggs are naturally low in sodium.

Don't forget, the dietary guidelines encourage a balanced meal plan – and moderation is always the key to good health!



What's known

## Recipe of the Month "Southwestern Scrambled Eggs"

This yummy recipe utilizes the best part of the egg: the egg white. By eliminating the yolk, egg substitutes eliminate all of the fat and cholesterol. As a bonus, the dieter gets less than half the calories of whole egg! Fresh tomatoes and green onions are added to enhance these scrambled eggs. So for your next breakfast, come out of your shell and try this taste bud-tantalizing treat!

### Southwestern Scrambled Eggs

1/2 Tbsp. olive oil  
2 green onions  
4 cherry tomatoes  
1 cup liquid egg substitute



Rinse and chop scallions and tomatoes. In a non-stick [skillet](#), heat oil on medium-high. Add scallions and tomatoes and sauté for about three minutes. Add liquid eggs and scramble until set and serve.

Makes 1 serving. [Nutritional](#) values per serving: 180 calories, 7g fat (1g sat), 22g protein, 6g carbohydrate, 1g fiber, 0mg cholesterol and 330mg sodium.



Visit our website at [mwr.navy.mil](http://mwr.navy.mil)

## AVAILABLE RESOURCES FROM NAVY FITNESS

### COMMANDER NAVY INSTALLATIONS COMMAND

Commander Navy Installations Command  
Millington Detachment N-221D  
5720 Integrity Drive  
Millington, TN 38055-6510  
Phone: 901-874-6899  
Fax: 901-874-6831  
Email: [marc.meeker@navy.mil](mailto:marc.meeker@navy.mil)

The following items are available through contacting Navy Fitness at 901-874-6899. These items are created to help you and the sailor become more informed about fitness.

- Staff Training Certification—Using the book “Building Strength and Stamina” by Dr. Wayne Westcott your staff will become familiar with the basic information needed to work in a fitness center.
- “24 WEEKS TO SUCCESS” CD - 24 week program designed to assist the sailor in passing their next PRT.
- “Beyond 24 Weeks” Book - 16 week maintenance program to maintain current fitness levels.
- Basic Fitness Training DVD— Demonstrates proper techniques on the following: warm up and stretch, cardiovascular machines, and the basic Navy Fitness Circuit machines.
- Navy Fitness “Fitness Series” - A 24 page magazine explaining the importance of strength training, cardiovascular training, flexibility, and nutrition. Four power point presentations are also included to use as an orientation to your fitness center



NAVY FITNESS. STAY HEALTHY. STAY FIT. STAY NAVY.

## UPCOMING NAVY FITNESS CLASSES

SITE	Date	TYPE
NAS Sigonella	April 24-26	Field Maintenance Training
CFA Yokosuka	May 15-17	Field Maintenance Training
CFA Yokosuka	May 16-18	Advanced Fitness Training
CBC Gulfport	June 6-8	Sports Training
NAVSTA Rota	June 20-22	Advanced Fitness Training
NAS Fallon	July 25-27	Basic Fitness Training